



Personalized Nutrition with Tracey, MPH, RDN
Guiding your path to health using nutrition and lifestyle

Nutrigenomics (Nutrition-related Genetics) Evaluation

Client Consent Form

Each client is required to read, acknowledge an understanding of the content, and agree to the terms in this Consent Form before personal genetic information can be reviewed. This ensures each client knows what to expect, understands the process, is aware of the benefits, limitations and potential risks, and understands fully the service being provided before agreeing to proceed.

By agreeing to the conditions in this form, the client authorizes Tracey Long, MPH, RDN to:

- ✓ Access genetic test results using client provided username and password at MTHFRsupport.com or other website where genetic information is housed. NOTE: this requires the client first purchase a 23andMe test kit and submit a saliva sample to 23andMe for DNA analysis. This process takes approximately 3-4 weeks. Once you receive your 23andMe results you will contact Tracey for instructions on how to proceed.
- ✓ Review personal DNA testing results for specific nutrition-related genetic markers.

What is a Nutrigenomics Evaluation?

Tracey will review the nutrition-related genetics information you agree to share. She has received specialized training on specific nutrition-related genes where single nucleotide polymorphisms or SNPs may occur.

If SNPs are upregulated or turned on this may warrant the use of specific nutritional supplements and/or targeted food sources to provide cofactors (vitamins, minerals, antioxidants) to support genetic insufficiencies related to detoxification, methylation and a few other nutrient-related SNPs.

NOTE: just because someone has a SNP does not mean that it is turned on.

Tracey may recommend dietary sources of nutrients and/or supplements. Tracey's philosophy is to focus on a whole foods approach to nutrition. With some SNPs temporary or, even lifelong supplementation may be recommended, based on your personal needs. Tracey's goal is to limit the need for supplementation. She will also emphasize the importance of lifestyle habits in managing personal health.

A few examples of SNPs Tracey will review are MTHFR, SUOX, CBS, SOD, MTR, COMT and APOE.

Is there any SNP information you DO NOT want to know?

List here: _____

What are the benefits?

Following dietary recommendations based on the results of the nutrigenomics review has been shown to reduce the risk of chronic disease and promote optimal health. Research also shows that individuals who receive DNA-based dietary advice find the information more motivating to adopt healthier eating habits.

What will the review cover?

The review is specific to genes related to nutritional status. The review will not diagnose or assess risk to certain disease.

Is my genetic information safe?

Tracey will only access your genetic information for the review. She will not print or retain a hard copy of your data.

For your information: some individuals may worry that their genetic information could be used to discriminate against them in their job or for health insurance coverage. In the United States, the Genetic Information Non-discrimination Act (GINA) was signed into law in May of 2008 and offers federal protection against such discrimination. The federal Health Insurance Portability and Accountability Act (HIPPA) of 1996 prohibits employers and health insurers from excluding individuals from group coverage due to genetic predisposition to certain diseases. Neither HIPPA nor GINA prohibits life insurance policies from using this information.

What are the limitations?

A nutrigenomics review is not intended to prevent, mitigate, or cure disease. Big Picture Health, Tracey Long, RDN, will not provide medical advice, diagnosis or treatment. The development of chronic diseases can be influenced by many factors, including genetics, diet and lifestyle. Following the recommendations provided does not guarantee absence of disease. Tracey will include lifestyle recommendations in addition to nutrition as lifestyle has a HUGE impact on gene expression.

Tracey is committed to spending 4-10 hours each week studying the new, rapidly emerging scientific data on nutrigenomics, including attending personalized medicine conferences. This field of study is very new and you may find that some recommendations evolve or change over time as is the case in all areas of science and research related to health. This is cutting edge science.

Will I need to provide more information?

Possibly, this is personalized health care. Based on your symptoms and health, Tracey may recommend additional testing to assess possible health detriments of certain SNPs. Tracey often finds it is ideal to run SpectraCell Micronutrient testing before starting supplements to verify if true deficiencies exist. A sample of this test is located on the Big Picture Health website under the Labs tab for you to view. Other possible tests include lipid particle size, RBC minerals, iron study, urine hormone metabolites and urine or saliva cortisol. Some clients opt to enlist Tracey’s services for more comprehensive work depending on health needs.

Please list your top three health complaints/symptoms:

- 1. _____
- 2. _____
- 3. _____

Client Consent: I have read, all of the above information and understand the Nutrigenomics Review offered by Tracey Long, MPH, RDN. I have had the opportunity to ask any questions I have about the review prior to providing my consent.

Printed Client Name: _____

Signature: _____ **Date:** _____

I understand that checking this box constitutes a legal signature confirming that I acknowledge and agree to the above Terms.
(legal guardian may sign for a child under age 18)

HIPAA Email Consent

PLEASE READ CAREFULLY AND SIGN BELOW (Select either Option 1 or Option 2)

- HIPAA stands for Health Insurance Portability and Accountability Act
- HIPAA was passed by the U.S. Government in 1996 in order to establish privacy and security protections for health information
- Health information stored on my computer is held behind a highly secure password and is stored in backup files on a HIPAA compliant cloud storage site
- Be aware that most popular email services (ex. Gmail, Hotmail, Yahoo) do not utilize encrypted email
- When we send you an email, or you sent us an email, the information this is sent is **not** encrypted. This means a third party may be able to access the information and read it since it is transmitted over the internet. In addition, once the email is received by you, someone may be able to access your email account and read it.
- Email is a very popular and convenient way to communicate for a lot of people, so in their latest modification to the HIPAA act the federal government provided guidance on email and HIPAA
- The information is available in a pdf (page 5634) on the U.S. Department of Health and Human Services website: <https://www.gpo.gov/fdsys/pkg/FR-2013-01-25/pdf/2013-01073.pdf>
- HIPAA guidelines state that if a patient has been made aware of the risks of unencrypted email, and that same patient provides consent to receive health information via email, then a health entity may send that patient personal medical information via unencrypted email.

OPTION 1 – ALLOW UNENCRYPTED EMAIL

I understand the risks of unencrypted email and do hereby give permission to Tracey Long, RDN, and Big Picture Health LLC to send me personal health information via unencrypted email to the email address below.

Client Name

Signature

Date

Email address

I understand that checking this box constitutes a legal signature confirming that I acknowledge and agree to the above Terms.

(legal guardian may sign for a child under age 18)

OPTION 2 – DO NOT ALLOW UNENCRYPTED EMAIL

I do not wish to receive personal health information via email.

Client Name

Signature

Date